



# AVN AROGYA

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LORD DHANWANTARI  
God of Indian Medicine



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For Effective & Sustained Relief in Cervical Spinal Problems

DOSEAGE: 2 Capsules T.I.D.

## Physical Activity May Prevent Depression



Even low levels of physical activity may reduce the risk of developing depression in individuals of all ages, new research suggests.

In 25 of 30 large studies examined in the systematic review, which included participants between the ages of 11 and 100 years, a "negative risk" was found between baseline physical activity (PA) and the future development of depression. In addition, this inverse association was found in all levels of PA - including less than 2.5 hours of walking per week. The surprising fact is that 25 of the studies found this protective effect, and that's really promising.

From a population health perspective, promoting PA may serve as a valuable mental health strategy in reducing the risk of developing depression. The study is published in the November issue of the American Journal of Preventive Medicine.

Previous studies have shown a link between exercise and decreasing symptoms in patients with depression. However, with the high prevalence of depression worldwide and its burden on well-being and the healthcare system, intuitively, it would make more sense to shift focus toward preventing the onset of depression.

One needs a prevention strategy now more than ever. Our health system is taxed. One needs to look for ways to fend off depression from the start.

Using data from the studies that measured amounts of weekly PA participation, the researchers found that exercising more than 150 minutes per week was associated with a 19% to 27% decreased risk of developing depression.

The take-home message is that being active is important for more than just physical health.

## Refined Sugar is Linked to



It can exacerbate mood swings, personality changes, irritability, asthma, arthritis, heart disease, cholesterol, gallstones and endocrine problems. According to the American Dietetic and Diabetic Association, increased sugar consumption is the leading cause of degenerative disease.



## HERBAL CORNER

### INDIAN CORAL TREE *Erythrina indica*



Botanical Name	- Erythrina indica
Family	- Fabaceae
Habit	- Tree
Sanskrit names	- Paribhadra, Kantakimsuka
English names	- Coral tree
Tamilname	- Kalyanamurugai
Telugu name	- Badise chettu
Malayalam name	- Mulmuringa
Hindi name	- Pangara

#### DESCRIPTION:

This thorny tree is 3-8 meters high. It is a quick growing tree distributed widely in deciduous forests throughout India, also grown as an ornamental plant in gardens and as a support of black pepper vine. Leaves are three in number. Flowers are red in color and are sweet to taste. Legumes contain 3-8 seeds which are 2.5 cms long. The tree flowers in spring and fruits in summer.

#### CONSTITUENTS

Alkaloids and resins.

Rasa : Katu Tikta

Guna : Sara

Virya : Ushna

Vipaka : Katu

Karma : Krimghna, Kaphahara, Medohara, Vatahara

#### THERAPEUTIC INDICATION

Krimi roga, Sotha, Karnaroga

पारिभद्रोऽनिलश्लेष्मशोफमेदः कृमीन्हरेत् ।  
तत्पुष्पं पित्तरोगघ्नं कर्णोयाधिविनाशनम् ॥

कै.नि.

#### PART USED

Barks, Leaves.

#### USES

10 ml of Leaf juice with honey on empty stomach for one week helps to relieve abdominal pain during menstrual cycle.

Leaf juice is also used as ear drops in ear ache.

#### IMPORTANT FORMULATIONS

Nyagrodhadi choorna, Narayana thailam.

## KASHAYAM TABLETS

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- Gaining the acceptance of Doctors
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- As effective as Kashayams; additional advantage of easy-to-swallow tablets
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## ZEOTONE

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### Medi Quiz

#### 1. Commonest organism in UTIs

- a. E.coli b. Step.pyogens c. H.Influenza  
d. Strep.pnuemonea

#### 2. Papillary muscle are found in

- a. Large Intestine b. Small Intestine  
c. Heart d. Stomach

#### 3. Disease transmitted through sand flies is

- a. Scarlet fever b. Leishmaniasis  
c. Yellow fever d. Trench Fever

#### 4. Nuxvomica is a poison

- a. Spinal b. Corrosive  
c. Respiratory d. All the above

#### 5. Largest gland in the body is

- a. Liver b. Pituitary c. Spleen d. Heart

#### Answers

1. a 2. c 3. b 4. a 5. a

### Medical facts

1. The thumbnail grows the slowest; the middle nail grows the fastest
2. The human heart creates enough pressure when it pumps blood, that it could squirt blood 30 feet
3. The human body has 4 million pain sensitive Structures
4. When full, the human bladder can hold two pints of urine.
5. On an average, a persons left hand does 56 % of typing.
6. The only joint less bone in the human body is the hyoid bone, which is present in the throat area
7. In a lifetime, the human kidneys clean over 1 million gallons of blood
8. Identical twins have identical DNA but not identical fingerprints
9. A child's ability to learn can increase or decrease by 25 % or more depending on whether the child grows up in a stimulating environment.
10. The wax present inside the ear is made up of oil and sweat.

Restore the Freedom of Movement

## LUMBATON PLUS

Softgel Capsules

Total Freedom From Low Back Pain

## From Canada to Madurai



**W**hat do you think, brought a group comprising of a Retired Allopathic physician, an investment banker, a yoga practitioner, a home maker and an entrepreneur to AVN Arogya Ayurvedic Hospital? Well, they were here on a search for Authentic Ayurveda training and firsthand experience of appropriate therapies.

This group was led by Dr. Hemant Kumar Gupta, a leading Ayurveda practitioner and Ayurveda teacher in Ottawa, Canada.

This group landed up in Madurai and stayed over till Diwali, 2nd November 2014. They spent about 2 weeks of training on "Basic Principles of Ayurveda" conducted at the N Rama Varier Ayurveda Research Foundation under the leadership of Dr. Ramesh R. Varier (Managing Director & Chief Physician- AVN Group of Companies). Dr. Ramesh Varier conducted classes on various topics ranging from Ayurvedic Concepts of Diet, lifestyle, Panchakarma, Stress Management and on Preparation of Ayurvedic medicines.

As these enthusiasts hope to be Ayurveda wellness consultants in their respective countries, a lot of time was spent to understand Ayurvedic way to health and a basic understanding of disease causation, diagnosis and treatments through Ayurveda.

They were also offered individual consultation and specific program of treatment was designed for each one of them in tune with their individual requirements. They underwent the therapies everyday in addition to the theory classes that were held during the afternoons. They also relaxed in the gardens and enjoyed the healthy Indian food served at Saffron- the In-house restaurant.

They were taken on a short 3-day trip to Munnar, Thekkady and Kanyakumari. The group traveled through the lush green pristine mountains of Munnar, halting at the tea Gardens, and took elephant rides at Thekkady. They then traveled to Kanyakumari - the Southern tip of India. The group visited the Vivekananda rocks and were awestruck with the peace & tranquility of the place. Finally they returned to Madurai.

They had a visit to AVN Ayurveda Formulation factory & R & D facility where in they were exposed to Ayurveda medicine manufacturing and also the quality system of AVN in making the medicines.

The tour ended with a ceremony where the certificates were handed over to the participants by Dr. Ramesh R. Varier, Dr. Hemant Gupta and Mr. K. Sadagopan, (Director- Marketing). The group left for Canada carrying happy memories of the time they spent at AVN Arogya and bubbling with the insights they gained about Ayurveda and Health.

## Carnivorous plants (Plants that are Non-Vegetarians)

Carnivorous plants are plants that derive some or most of their nutrients by trapping and consuming animals or protozoans, typically insects and other arthropods. There are 630 species that attract and trap prey, produce digestive enzymes, and absorb the resulting available nutrients

Pitcher plants are one such carnivorous plant species whose prey-trapping mechanism features a deep cavity filled with liquid known as a pitfall trap.



Foraging, flying or crawling insects such as flies are attracted to the cavity formed by the cupped leaf, often by visual lures such as anthocyanin pigments, and nectar bribes.

The rims of the pitcher are

slippery and may be grooved in such a way so as to ensure that the insects cannot climb out. They drown the insect, and the body of it is gradually dissolved.

Through a mechanism of digestion, the prey is converted into a solution of amino acids, peptides, phosphates, ammonium and urea, from which the plant obtains its mineral nutrition (particularly nitrogen and phosphorus).

Carnivorous plants occur in locations where the soil is too poor in minerals and/or too acidic for most plants to be able to grow.

Nepenthes, Sarracenia, Cobra lilies are some of the species of Pitcher plant.



Nepenthes

## SKIN REMEDIES



### Turmeric

Helps in Lightening blemishes and pigmentation.



### Coconut water

Washing the face with coconut water helps to keep it blemish free.



### Cucumber

Prevents pimples, black heads, wrinkles and dry skin.



### Papaya

Helps in removing dead and damaged skin. Facial application of papaya reduces freckles or brown spots.



### Mint

Useful in treating eczema, insect stings, scabies and other skin infections.

## Aphrodisiac Herbs

- Kapikacchu (*Mucuna pruriens*)- Increases sperm concentration and motility.
- Gokshura (*Tribulus terrestris*)- Raises testosterone levels
- Aswagandha (*Withania somnifera*)- Enhances spermatogenesis via a presumed testosterone like effect
- Shatavari (*Asparagus racemosus*)-Enhances fertility by reducing oxidative stress
- Yashtimadhu (*Glycyrrhiza glabra*) – Improves semen quality.

## DOCTORS WANTED



**Product Executives / Product Managers** in Marketing, based at Hubli, Vijayawada, Bangalore & Kozhikode. Job involves regular travel in designated area.

**Qualification:** BAMS / MD (Ayu) / B.Pharm (Ayu) / M.Pharm (Ayu) Good Salary and Working allowances with Excellent scope for quick career advancement.

Interested Candidates with clear aptitude in marketing can apply to [drpraveen@avnayurveda.in](mailto:drpraveen@avnayurveda.in)

## Forgotten Formulations

This section covers those very effective and simple to make formulations which have been described in Ayurvedic texts, having high chances of clinical success.

सर्षपारिष्टपत्राणि दध्वा भल्लातकैः सह ।  
छागमूत्रेण संपिष्टमपचीछन्नं प्रलेपनम् ।

-Sarangadhara Samhitha Uttara Khanda Sarsapa (*Brassica nigra*), leaves of arista (*Azadirachta indica*) and bhallataka (*Semecarpus anacardium*) are burnt together, the ash thus obtained mixed with goats urine and applied over apaci (Goitre) helps to reduce them.

## AVN Programs

AVN had organized a CME program on the 6th of October 2013-14 at Bengaluru, Karnataka.

CME was conducted for Ayurvedic practitioners belonging to Bengaluru chapter of AMAI. The topic for discussion was the Importance of Guggulu tablets in the treatment of diseases at OP level.



Dr. Balram of AMAI Bengaluru chapter lighting the lamp during CME program

As Joint disorders, Osteo arthritis in particular, has been the growing concern in today's life style, "OSTEOARTHRITIS" was also taken up as the topic for discussion. Zeotone plus softgel



Ayurvedic doctors of AMAI Bengaluru chapter attending the CME program

capsules of AVN have been doing wonders in the treatment of Osteoarthritis. The knowledge on treating Osteoarthritis with Zeotone plus softgel capsules was shared with the doctors by Group Product Manager of AVN, Dr.Praveen.